

You HAVE THE POWER



to save money on your health care expenses

Just stay
IN.

Using Blue Cross and Blue Shield in-network doctors, hospitals and other health care providers saves you money.

You pay less out of your own pocket. And you can't be balance billed for amounts over our benefit allowance.* Those are just two of the terrific reasons why you should always choose to **stay in** -- in-network.

To locate Blue Cross and Blue Shield PPO, participating and BlueCard hospitals and doctors nationwide, go to www.bcbsne.com or call toll-free **1.800.810.BLUE.**



**BlueCross BlueShield
of Nebraska**

An Independent Licensee of the Blue Cross and Blue Shield Association.